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China Martial Arts Academy

Adventure



Relaxation



Culture



Trip Name: China Martial Arts Academy **Trip Code:** CHMA **Duration:** From 4 weeks

Trip Highlights

- Expert Kung Fu training from top masters
- Live and train in a stunning environment in the foot hills of the Himalayas
- Take lessons in Mandarin

Overview

Located in YongPing in South West China at 1700m altitude in the foot hills of the Himalayas, the academy and its stunning temples are a beautiful setting for you to learn kung fu. You will receive intensive training from experienced martial arts masters. It's extremely hard work but ultimately hugely rewarding! Classes are designed to suit your level of expertise - from novice to expert.

As a student at the kung fu school, in addition to the physical training you will gain an understanding of the historical, physical and mental aspects of martial arts. You will also have the opportunity to learn Mandarin on an informal basis from one of the Academy's translators which will take you through the basics.

Away from the physical demands of martial arts training you will have time to relax and explore your surroundings. With a number of hiking trails, mountains and hot springs surrounding the location, there are plenty of things to do to keep in touch with nature.

Destination Info

The country we know today as China actually derives from a long line of smaller civilisations dating back six millennia. China's influence on modern life is nothing short of remarkable having given the world a huge array of inventions such as paper, money, the compass, gunpowder and even pasta. The country is steeped in tradition and ancient practices, many of which can be experienced today at the Martial Arts Academy.

China's rapid development over the last 20 years has helped transform it into a global economic super power, but

its historic roots are here to stay. You only have to visit one of the many temples, the Great Wall or the Terracotta Army to see that!

Itinerary



Martial arts training requires lots of focus, hard work and above all, discipline. And at the kung fu academy there's roughly 6 hours of training each day. It should come as no surprise that the day starts early with circuit training, running and Qi Gong meditation before breakfast at 7.30am.

This is typically followed by an intensive three-hour morning training session, then lunch at midday before starting on the afternoon session. After an evening meal around 6pm, which is simple local food but offers a balanced diet, you are free to rest and recuperate ready for the next day. If you still have some energy though, you might choose to take a lesson in Mandarin.

Your specific kung fu training programme will vary depending on the length of your stay, your personal fitness and ability. Focused, hard work can help you achieve a remarkable amount in just a couple of months, however for some it can take weeks to accomplish the correct body alignment for a particular kung fu style but perseverance generally pays off.



Fitness

Although no experience is required, to make it easier for yourself to get started at the Academy, before you arrive you should do some of the following exercises; Squats, Push-ups, Sit-ups, Pull-ups, Bike riding, Swimming,

China Martial Arts Academy

Sprints, Long distance running, Hiking, Gymnastics, Aerobics, Yoga or daily stretching. Participants need to be prepared for early morning starts and full-on physical training for 6 hours a day. Also please be aware during the winter months (December to March) it will be cold in China so be prepared to train in colder temperatures.

Training

While this is not a boot camp, it is a serious training academy. Due to the nature of the activities you may return with the trophy bruises to prove it.

Cultural differences

In some situations Chinese people can be very direct, open and frank to the point of tactlessness. For some people this may take time to get used to.

Level of training

Don't expect to be an expert at the end – it takes years to master some of the forms. For short term stays of 1 to 3 months you can expect to increase and improve your health and fitness, learn the basics in whichever style you choose and at least two fist forms. Although you can learn a lot in 1 or 2 months be prepared that it can take weeks just to learn the stances and be able to do them correctly.

Gym equipment

While all the gym equipment is fit for purpose, don't expect it to look like your local gym.

Translators

Although there may be a translator in some classes most training will be based on copying the movements of the master leading the class.

Running

You'll need to be prepared to do a fair amount of road running for fitness during your training. Make sure that you bring a good pair of running shoes.



Martial Arts have existed for thousands of years, with many different forms evolving from regional styles (Northern and Southern) and varying principles such as internal and external. Some people believe there are over 230 forms of boxing/punching alone!

This programme gives you the unique opportunity to learn direct from some of the most experienced Masters available.

The academy can teach one or several of the different styles and forms of Chinese Martial Arts. You will learn a variety of the traditional forms, however, the longer you stay for the more you can learn.

Although you can specify the form of martial art you would like to learn or develop your existing skills in, the availability of the form depends on the number of other students wanting to learn that too and cannot be guaranteed. The most popular forms are Shaolin, Wushu, Sanda, Xingyi and Tai Chi.

Chinese Martial Art Forms

Chinese Martial Arts is a term relating to hundreds of styles native to China. Kung Fu & Wushu are the most popular Chinese names used for Chinese Martial Arts. Gong Fu is known in the west as Kung Fu. Wushu literally means Martial Art and both of these terms encompass many styles. In practice the modern sport Wushu is also known as Contemporary Wushu or Modern Wushu.

China probably has the longest history of Martial Arts with many distinctive styles, with their own sets of techniques & ideas. Some focus on mimicking animal movements, some focus on harnessing and projecting Qi (Energy), while others just concentrate on competitions & exhibitions.

Each style offers a different approach to common problems of self defence, health & self cultivation. Chinese Martial Arts can be split into different categories such as External, Internal, Northern & Southern. Northern Styles are fast with powerful kicks, high jumps & generally more fluid and rapid movements. Southern Styles focus more on strong arm and hand techniques, stable immovable stances & footwork.

External includes the hands, eyes, body & stances.

Internal includes the heart, mind, spirit & strength.

Chinese Martial Arts training consists of basics, forms applications & weapons. Each style has its own unique training system with a varying emphasis on each of those components.



XingYi Quan

XingYi means Form/Mind, the Form of thousands of things that show outwardly and the heart and the thought of the Mind inwardly.

Another of the 3 major internal Chinese Martial Arts, Xingyi's attack goes straight through the centre, Bagua goes around the centre and Tai chi gives up the centre.

Xingyi is based on the Taoist concept that natural forces are composed of 5 elements. This view of nature is related to TCM (Traditional Chinese Medicine). In relationship to the Martial Art principles, each of the 5 elements applies to a specific organ as well as to different energies expressed by the forms of balance, and by the cycles of creating and destroying.

Xingyi is characterised by aggressive, seemingly linear movements and explosive power. Xingyi Quan features aggressive shocking attacks and direct footwork. The linear nature of Xingyi hints at both the military origins and the influence of spear technique alluded to in its mythology. Despite its hard, angular appearance, cultivating soft internal strength or Qi is essential to achieving power in Xingyi Quan.

The goal of the Xinyi fighter is to reach the opponent quickly and drive powerfully through them in a single burst, this is achieved by coordinating ones body as a single unit and the intense focus of ones Qi.

Modern Wushu

Wushu sport is both an exhibition and a full-contact sport derived from traditional Chinese martial arts. Created in the People's Republic of China after 1949, Wushu has spread globally through the International Wushu Federation (IWUF), which holds the World Wushu Championships every two years.

Wushu is composed of two disciplines: taolu (forms) and sanda (sparring). The forms are similar to gymnastics and involve martial art patterns and manoeuvres for which competitors are judged and given points according to specific rules. The forms comprise basic movements, stances, kicks, punches, balances, jumps, sweeps and throws based on aggregate categories traditional Chinese martial art style and can be changed for competitions to highlight one's strengths. Competitive forms have time limits that can range from 1 minute, 20 seconds for external styles to over five minutes for internal styles.



Shaolin Kung Fu

The ShaolinSi (Shaolin Monastery) a Buddhist Temple located in Henan province was founded by Indian Buddhist Priest, Bodhidharma (Damo), over 4000 years ago, it is considered to be the oldest Martial Art in the world therefore the root of all Martial Arts.

In the early years immediately following the founding of the Shaolin Temple in 495 AD, the first Soldier Monks created a set of eighteen different fighting actions - the original Kung Fu - which utilised all parts of their bodies. These were combined with the use of various weapons made from simple farming tools and were initially a means of providing daily exercise and as a form of meditation. Later they were used as a means of self defence.

Northern Shaolin Kung Fu, known as an external Martial Art emphasises long range techniques, quick advances & retreats, wide stances, kicking & leaping techniques, whirling circular blocks, quickness, agility & aggressive attacks. Shaolin Kung Fu, also famous for its amazing hard Qigong performances by Shaolin Monks such as bending a spear on the throat, breaking wooden poles over the body, smashing stones and bricks to pieces with bare hands and standing on 1 finger. There is also Southern Shaolin Temple located in Fujian province which is 6 hours drive from our School.

Brazilian Gracie Jiu-jitsu Academy

The first Gracie Jiu-Jitsu Academy opened in the lively Rio de Janeiro in 1925 by Helio Gracie- and after he developed his own ways to suit his frailty, conquered a type of martial art which focused on timing, leverage and natural body movements instead of strength, co-ordination and speed. The art now consists of over 600 techniques, and has proven to be a great art for people starting to learn martial arts as it's perfect for complete beginners with no experience.

Accommodation

All accommodation is on site at the school. Each room sleeps 2 people and all rooms have an en-suite bathroom, TV and Wifi.

Programme Services and Facilities

Internet

Internet is available and free to use. There is also Wi-Fi available if you choose to take your laptop.

Telephone

The international telephone access code for China is +86.

A public telephone in the academy will be available soon. It will require a card for use, which needs to be purchased from the academy.

Laundry

The academy has a washing/spinning machine for students to wash their clothes. Washing powder can be bought from the academy or from the nearest town. Students are expected to do their own washing and to maintain the cleanliness of their appearance and their room. A laundry service is available for a small fee where one of the academy staff will wash, dry and iron your clothes.

Electricity

There will be plug sockets for you to use.

Meals

The food at the academy consists of simple basic dishes based on a Paleolithic diet. This is typically based on mainly fish, grass-fed pasture raised meats, eggs, organic home grown vegetables, fruit, fungi, roots from our own land, and nuts. Potato and noodles are usually excluded in a paleolithic diet, but they will be served as these will give a boost of energy the next day. The food will be nutritious and provide a good diet to support the level of training you will be doing.

What's Included

- Training five days a week
- Opportunity for Chinese lessons (Mandarin)
- Accommodation and meals
- Airport Pick-up
- Pre-departure information



What's Not Included

- International flights / travel to China
- Travel and health insurance that should cover you for martial arts training
- Appropriate training clothes
- Visa



Is This Trip For You?

No experience is required, however, participants need to be prepared for early morning starts and full-on physical training for 6 hours a day. Also please be aware during the winter months (December to March) it will be cold in China so be prepared to train in colder temperatures.

You'll need to be prepared to do a fair amount of road running for fitness during your training. Make sure that you bring a good pair of running shoes. And to make it easier for yourself when you start at the school, before you arrive you should try to do some of the following exercises; Squats, Push-ups, Sit-ups, Pull-ups, Bike riding, Swimming, Sprints, Long distance running, Hiking, Gymnastics, Aerobics, Yoga or daily stretching.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and, therefore, you may not need all the listed items on your travels, nor is it exhaustive.

Personal Admin

- Photocopies of important papers such as passport, airline tickets and insurance documents

General

- Digital camera and batteries (DON'T FORGET THESE)
- Day bag / rucksack – a waterproof cover is also useful
- Sleeping bag and mosquito net
- A torch
- Plastic hooks are handy to hang things on
- Board games and playing cards for free time
- Diary – you will have so many amazing experiences to remember
- MP3/CD walkman, speakers and CDs
- Plastic bags
- Snacks (biscuits etc)
- Towel
- Water bottle
- Binoculars
- Pocket-knife

Clothing

- Sarong – really handy, even on warm nights
- Comfortable walking shoes
- Flip flops
- A hat to protect you from the sun
- Rain coat
- Remember to bring beachwear
- A light sweatshirt
- Flip flops/thongs/sandals or tevas should be included

Medical Kit

- Small medical kit containing plasters, medicine for diarrhoea, head ache tablets and any medication you will need.
- Malaria tablets if advised by your GP
- Mosquito repellent
- Contraception including condoms
- Tissues
- Toilet paper - though this can be purchased at the academy
- Biological soap
- Antibacterial soap gel (does not need water to rinse off)
- Travel wash for clothes

Martial Arts Kit List

Most Academy members will bring their own training kit with them for the entire programme. It is best to bear in mind the length of stay at the academy and the types of activities you will be doing for your training. You will need to bring clothing that will not only be relevant for the time of year and climate, but also gives you enough freedom of movement to train effectively.

Most academy members will bring:

- Track-suits and shorts
- T-shirts (a good supply of!)
- Trainers (you'll be doing lots of running!)
- Thick socks
- Jumpers
- Martial Arts robes/uniforms (if you have any)

If you wish to buy martial arts clothing, books or any equipment, the academy can assist you in buying these items locally.

Minimum Age

Minimum of 17 years, maximum dependent on health of participant.

Flights

Airport pick-ups can be arranged from Dali airport or BaoShan airport. Please ensure that your arrival flights get in before 10:30pm.

To book your flights, please contact our flight team on 01273 647219 so we can look into the best flight quote for you.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. How fit do I need to be?

A good level of fitness is required to attend a programme of this nature and make the most of your time there. To make it easier for yourself when you start at the Academy before you attend you should try and do some of the following exercises; Squats, Push-ups, Sit-ups, Pull-ups, Bike riding, Swimming, Sprints, Long distance running, Hiking, Gymnastics, Aerobics, Yoga or daily stretching.

2. I have never studied Martial Arts, can I join?

Yes, beginners are accepted.

3. Do women join the academy?

Yes, we often have a really good mix of both males and females each month.

4. Can I extend my stay once I'm there?

Yes! The academy owner can help you arrange to extend your visa if necessary too.

5. Can I join at 17 years old?

Yes! 17 years is the minimum age to join the academy.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

In China the currency is the Renminbi Yuan (RMB or CNY, symbol ¥), which is subdivided into 10 Jiao which is in turn equal to 10 Fen. Coins come in denominations of 1 Jiao, 1 and 5 Yuan and 1, 2 and 5 Fen. Notes come in denominations of 1, 5, 10, 20, 50 and 100 Yuan.

Credit cards such as Visa, MasterCard, AmEx can be used at upmarket hotels, restaurants, supermarkets and department stores. ATMs that accept credit cards are mainly in large cities at branches of the Bank of China and the Industrial and Commercial Bank of China, though a fee may be charged.

Meal, Inexpensive Restaurant 3.23 \$

Domestic Beer (0.5 litre draught) 1.28 \$

Coke/Pepsi (0.33 litre bottle) 0.52 \$

Water (0.33 litre bottle) 0.28 \$

(Prices quoted in US Dollar)

Passports and Visas

You will require a visa to enter China and you should consult your relevant embassy to ensure you can secure one.

Once you have booked your trip you will be provided with further instructions and supporting documents to obtain the correct visa.

Passports and visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. As a general rule most countries expect that you will have at least 6 months' validity on your passport beyond your intended stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, and you should consult the relevant embassy.

Cultural Considerations

China is becoming more and more liberal all the time, so, especially in the major urban areas, you do not need to dress too conservatively. Bear in mind that you will get stared at, even more so if you go out and about in something outlandish!

This may happen, more so in rural areas and you might even find yourself being asked for a photo! This is not meant in a hostile manner and although it may be annoying, just try to ignore it or feel flattered that they are taking such an interest in you.

Looking scruffy will not go down well, especially in restaurants and hotel check-ins. The best way to gain respect is to make an effort with your appearance.

Spitting is not considered to be anti-social in China. It may seem disgusting, but there isn't really anything you can do except ignore it- they probably think we are disgusting for something we do that we think is completely normal. Anyway, you'll get used to it... eventually!

"Saving Face" is an important concept in China which is based on social standings; so pointing out things negatively and criticising will cause immense humiliation for the person on the receiving end. It also means that getting stressed and shouting at someone will get you absolutely nowhere. If you need to be negative towards someone, make sure that you do it in a polite but firm manner, to keep embarrassment to a minimum.

When visiting markets and street vendors you will need to bargain for the item you wish to purchase. Generally when the vendor spots you are a foreigner the price will shoot up, so try offering a price about 70% lower and work from there. Don't get too aggressive and treat it as a bit of fun- you're only going to be arguing over pennies! This is also the vendor's living so paying that little bit extra will make a greater difference to them than it will to you.

Religion

Many religions are represented in China but generally the most popular are Confucianism, Taoism, Buddhism, Chinese Folk religions, ancestor veneration and the worship of localised deities. Muslims, Jews and Christians also have a small representation.

Smoking, Alcohol

Smoking and drinking is acceptable in China and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I'm sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whilst on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Asian culture. Also, many places do not have soap in the bathrooms. It is a good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don't need to rinse off. These are available in chemists in the travel section.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission
- Always walk around in groups
- Never go out alone after dark
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinators where you are going and what time you will be back.
- Please do not get into fights or arguments with locals. We cannot guarantee your safety and it could provoke future attacks on other travellers
- Please do not leave your drinks unattended and do not accept drinks from strangers

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when

withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

The majority of the locals are friendly, warm and hospitable people who love meeting our travellers. Please be friendly, respectful and stay aware and you will have a great time.

Language Guide

Mandarin is spoken by about 70% of the population, but Cantonese is also an official language. As it is such a huge country, China also has hundreds and hundreds of different dialects.

We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello! - *Ni hao!*

Nice to see you! - *Hin gow shing jian dow ni!*

Goodbye/See you - *Zai jian*

What's your name? - *Ni jiao shen me ming zi?*

Who is he? - *Ta shi shui?*

How old are you? - *Ni dwo da le?*

Where is...., please? - *Qing wen...., jai nar?*

Please kindly send/drive me to X - *Qing song wo dow X..*

How much is that bag? - *Na gur bow dwo shao qian?*

I'll take this one - *Je ge wo yow le*

Thank you - *Xie xie*

You're welcome - *Bu ker chi/bu yong xie*

I'm sorry - *Dui bu qi*

That's all right - *Mei guan shi*

One - *Yee*

Two - *Er*

Three - *San*

Four - *Si*

Five - *Woo*

Six - *Liu*

Seven - *Qi*

Eight - *Ba*

Nine - *Jiu*

Ten - *Shi*

Food & Drink

Everyone knows Chinese food, or thinks they do anyway! Just like with India you will find that the Chinese food we have here and the actual Chinese cuisine are somewhat different. They also have some slightly strange dishes too if you fancy something a little different – (like chicken's feet and river snails)! Due to China's vast size there are many regional variations, making for an extremely diverse cuisine. Some areas go for subtle flavours whereas others go for very strong, somewhat odd mixtures but all are united in terms of fresh vegetables, rice and noodles. Dim Sum, which means 'little eats' are very popular all over China, made up of buns and pancakes, and dumplings are generally eaten for breakfast! The best place to get authentic Chinese snacks is from small vending stalls on the streets, which are also good for breakfast! Western food is pretty widely available, especially in the more touristy locations. In Beijing, Shanghai and Hong Kong you'll even be able to get your Starbucks coffee fix!

Of course, the main difference on the Chinese dinner table is chopsticks instead of a knife and fork, but that's only superficial. The real difference is that in the West, you have your own plate of food, while in China the dishes are placed in the middle of the table and everyone shares. If you are being treated to a formal dinner and particularly if the host thinks you're in the country for the first time, he will do the best to give you a taste of many different types of dishes.

The meal usually begins with a set of at least four cold dishes, to be followed by the main courses of hot meat and vegetable dishes. Soup will then be served (unless in Guangdong style restaurants) to be followed by staple food ranging from rice, noodles to dumplings. If you wish to have your rice to go with other dishes, you should say so in good time, for most of the Chinese choose to have the staple food last or have none of them at all.

Perhaps one of the things that surprises a western visitor most is that some of the Chinese hosts like to put food into the plates of their guests. At formal dinners, there are always "public" chopsticks and spoons for this purpose, but some hosts may use their own chopsticks. This is a sign of genuine friendship and politeness. It is always polite to eat the food and if you do not eat it, just leave the food on the plate.

People in China tend to over-order food, as it is embarrassing if all the food is consumed. When you have had enough, just say so. Or you will always overeat!

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Chinese who use long weekends to get away from the big city.

To view a list of the public holidays for China, please see the link below:

www.timeanddate.com/holidays/china/

Weather

The best times to visit China tend to be in the spring, March and April and in the Autumn, September and October in the lower plains, whereas the higher altitude areas are best between June and September. Although daytime temperatures may be reasonable, between 20C to 30C, the nights can still be really cold. China is such a vast country that it is worth bearing in mind that northern and southern areas will have completely different climates, so it is best to research the area you are going to, rather than the country as a whole. The south is subtropical with the temperatures in Yunnan ranging from 20°C in the winter to 29°C in the Summer, while Beijing's climate in the north ranges from 1°C to 31°C.

Time

China is 8 hours ahead of GMT

Electricity

In China the electric system is 220 Volts and frequency 50 Hertz. Outlets in China generally accept 2 types of plug:



Flat blade plug

or



V-shaped flat prongs

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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